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Why Kissaki-kai?

- * Kissaki-Kai teaches effective defensive karate
- * Kissaki-Kai promotes reality in training
- * Sport & Fun are not forgotten!
- * Family atmosphere
- * No Politics
- * Not Style dependent.
- * Recognized world-wide
- * International Dojo

The Pareto Principle

Why should I be taking time to talk to you about the so-called 'Pareto Effect?' **After all, you've probably got this far in life without it knocking too hard on the doorways of your consciousness.**

What is The Pareto Principle? In 1906, Italian economist Pareto noted that 80% of the wealth was accrued by 20% of the population.

Decades later, management pioneer Joseph Juran similarly noted that in business 20% of the work was vital and 80% of it was trivial. Looked at another way, 20% of what you do achieves 80% of your results.

Let's look at what

this means to certain aspects of the martial arts. A small percentage of martial artists become instructors, and an even smaller percentage run their own Dojo. Looking at this latter element first, let's see what will be impinging upon their time: We often hear the complaint that there is never enough time in the day to do everything!

Many Dojo heads find themselves spending far more time with administrative tasks than actually training or continuing their own personal development and progress. Their time is spent in keeping attendance records, promoting the Dojo, in-

structor certification, student progress reports, ordering equipment, belts, Gis, pads, etc., maintaining the Dojo, training time schedules, financial records.. ad infinitum!

These sensei often find that they have more to do and less time to do it than they had last month.

It is understandable that in all this never-ending pressure there is little or no time for personal training or to carry out meaningful research and to continue the development of one's own mastery on the particular art.

Take a moment, however, to look at this in the light of the Pareto Principle – 20% of all that activity creates 80% of the outcome! Yes, some activities

must indeed be taken care of, none-the-less, look at it as 80% of what you only accounts for 20% of the results! Surely that should stimulate you to sort out that which is - and should be - in the vital bracket from the remainder which could perhaps be modified or handed over to someone else to deal with.

Take a look at everything you are doing to determine whether it falls in the 20% or 80% group and find tasks that can be eliminated or reduced

Now let's look at the rest of us, who are also attempting as best we can to understand and master the complexities of our art.

Re-evaluation is not an easy task. When we began



on our martial journey we placed ourselves in the hands of our first sensei, and we had to trust that he or she truly understood what was necessary for us to learn, and indeed, where the **road was to take us. ‘Shu – Ha – Ri’ Devote oneself** to learning the essentials – mastering these essentials – going beyond the stage of simple technical expertise.

If you started off under the tutelage of **‘MacDojo’** – well, what can I say! You were probably encouraged to become part of a guaranteed Black Belt scheme, non-refundable, paid in advance..

I feel only shame that the operators of such **‘businesses’ (for that is what they really are)** cared little for your progress in developing skill in and understanding of a real martial art – even if they had any idea of it themselves.

Moving on the greater part – those who had good first teachers and who followed implicitly the years of training until reaching maturity in the respective art. Somewhere along the way, however, questions should have started to

arise about the format and content of the training.

Indeed. You have now become a stronger character with some good combative skills, coping well with the structured training and sparring in the Dojo. However, over time questions about **‘Why Kata and Kumite are so different?’ What shall we teach in a self-defense course? What should I do when I am older and can’t kick so high so fast?’ ‘Why is Kata necessary at all?’** and so on, should arise.

Research and study will provide many of the answers, but that understanding can often be painful when one understands that **‘sensei’ did not know all the answers, but still expected your complete obedience, sometimes refusing permission to look elsewhere for the answers in the first place. Because the teacher may well be caught up in maintaining the viability of the Dojo there has been no time or opportunity for him to complete the ‘Shu – Ha – Ri’ process.**

In my own experience, I initially placed my complete confidence in my teacher Asano sensei –

quite the most formidable karate instructor I ever had occasion to face. Twice All Japan students champion, possessing a wicked mawashi-geri and an implacable determination to bury his opponents, for years I watched the demoralization of many and the development of a few.

Eventually I learned



Vince with Asano sensei

that being able to survive in that pressure cooker – although imparting a strong spirit and basic fighting skills – did not at all reveal any of the inner aspects of the martial arts, nor did it uncover a doorway into anything comparable with the original intent of the art. I had simply become – as much as possible – a

replica of my sensei, and pretty good at sport karate.

What understanding or knowledge did it give me in terms of knowing how to deal with attackers who refused to approach from the front and from a long distance was negligible.

In retrospect, I began to understand that Asano sensei could not have done differently; he too was the product of a severe regime aimed at developing just the sort of sensei he turned out to be. No time allocated to the history or philosophy of the art, no time given over to studying the ramifications of vital point theory or the real significance of the bunkai within the Kata or the training of students who were not young, fit, and athletic.

Given this background, it could not have turned out in any other way.

Given also the Japanese **characteristic of “If a nail sticks up – knock it down!” It was** – and in most cases still is – impossible for anyone in such a class system to question what they were being taught. The Pareto Principle infers that we do things because we



always have done them instead of asking what importance they have to the results we seek.

So, the format of training was continued – the basic tripos of Kihon, Kata and Kumite. This without asking – What actually is our aim? Is this the best way? Do the individual aspects of these three sections actually meet the requirements? Is there – indeed – a better way? Questions simply not addressed. The Pareto Principle in conjunction with *‘doing things because they have always been done that way’* raised an almost insurmountable barrier to real knowledge, development and understanding.

Turning to one example of many – the use of 5 step Kumite (Go-hon Kumite)

Essentially this involves a student stepping backwards directly in front of an advancing attacker and – for 4 steps just blocking an attack and then on the final step, blocking and counter-punching. The justification for this is that it gives practice in movement, avoidance and deflecting an attack, finally counter attacking.

My questions were: Is this the best way to achieve the objectives? Indeed - What are the objectives which can only or best be gained by this practice? Is there a better way? Evaluating a process should lead to optimizing the process



Teaching the logic of Shin Ippon Kumite (Note master Chuck Meriman watching in the background)

and the results!

In fact, of course, Gohon Kumite is a dreadful way to teach defensive Karate as it ignores absolutely basic principles of self-defense. One should NEVER step directly backwards in the face of a frontal attack unless it is absolutely unavoidable. It is ALWAYS better to sidestep at an angle. Thus right from the start, the

process is flawed. Of course, it is easier in a busy Dojo for a sensei to control a class who are all moving like automata than if they were all going in different angles.

This, however, is for the benefit of the teacher,

Shin-Ippon Kumite (Kissaki-Kai new one-step sparring) is a result of the questioning, and the 5 levels of Kissaki-Kai training are built upon the analysis of the various techniques available to be used, and the optimum way of training in them to achieve proficiency in original karate precepts and objectives.

20% of the effort achieves 80% of the results!

Cutting out the superfluous and establishing the logically beneficial is a direct result of taking on board the Pareto Principle and acting according to its implications!

We seldom take a look at tasks and work that we should not be doing; either because they are no longer productive or because they are not as productive as alternative work we might pursue.

However - if we keep in mind a firm idea of our objectives - in Kissaki-Kai to research and promote training in real, original defensive traditions - then it would be foolish to dismiss the Pareto Principle!

Will this be any use to you? **I don't know, but** - if you have ever asked

not the student. Other styles (Shorin-Ryu for example) have different methods – in one the defending student steps back at a different angle on each attacking move. Other than retreating in a straight line, why is it necessary to block 5 time before punching once? If the student counter-punched on each step at least the training would be balanced.

I could go on. In fact,



questions about the methodology and direction of your training, I suggest you apply these principles and save a lot of wasted effort!

In developing training

were still stuck teaching letter recognition, never approaching sentence building and a universe away from creating poetry!

It is vital that to be hon-



methods for my Officer Protection courses at Police Academies it was made very clear to me that the training paradigms used in many Dojo were not the most effective method of teaching them. Nor were they seemingly able to understand or pass on the physically very effective defensive techniques themselves.

If we take an analogy I made some 20 years or more ago, if we liken the martial arts to an alphabet, very many Dojo

est both to yourself and perhaps to your students you insist upon asking questions: "What am I aiming at?" "Is this the best way to achieve it." "Am I only doing this because it has always been done this way?" (And with regard to the latter - No, it wasn't always done this way - only since the Japanese took control of it).

If you don't really understand the combat effective techniques in the **Kata** and the 'Rules of Combat' pervading

them, what on earth is the point of learning dozens of Kata? You are becoming a master of the outward display of form over function - **"It is a tale told by an idiot, full of sound and fury signifying nothing!"**

(Macbeth 5 sc5.)

Ah that damn Pareto Principle - it will take you on quite a journey! Bon voyage. Vince Morris 2015.

The next 2 items are included - not for self-aggrandizement - but to show that having the courage to apply critical thinking does pay off!

"Thank you for sharing your knowledge. Like I've told you before, I've trained in Shotokan for over 50 years, but until I started training with you, I didn't know what real karate was. Thank you so very much." USA Shotokan sensei.

And..

"I am not a known guy. I am not an important Karate Sensei with hundreds of followers. I just train for myself in a tiny Dojo, trying to find my own "Do".

But one thing is for sure. You definitely altered this way, for which I am really thankful. It is not a specific Bunkai or a special technique or something. For me its about your hints to evaluate Kata Bunkai for reason. The "Rules of Combat" together with the knowledge of vital points and how to reach them - just using what always was in front of my eyes - the Kata!

The courage to ask questions instead of blindly following instructions. This has opened a completely new door for me, which was hidden far too long under useless: "order-following-Oss" thinking.

It gave me a new perspective and rescued me from the dead end I was stuck in. It sounds a bit soupy but I don't find other words for it, sorry, its not my native language :- (so to say it in short: Thank you!"
Following seminars in Germany

Main Kissaki-Kai websites

www.kissakikarate.com - International site

www.kissakiusa.com - Main USA website

www.kissakikai.com - Distance Learning site

Sites for various countries and instructors can be found on the International site.



Forthcoming Seminars

7th March 2015 Venlo, Holland

Health and Racketclub Venlo, Heymanstraat 101, 5927 NP Venlo Boekend
 Training times; 10-12hrs and 13-15hrs
 contact Guy Janssens on 0032-483-065-516 or e-mail guy.janssens2@gmail.com

28/29 March 2015 Sweden

Contact: Johannes Regell: xjojex@hotmail.com

25/26 April 2015 Wächtersbach, Germany

Contact: Matthias Fischer: karate.aufenau@gmx.de

29th April, Jena, Germany

Wed 29th of April, 19.30-21.30hrs- contact Sensei Dieter Kluziok for details: dieterkluziok@web.de

2nd, 3rd May 2015 in Fürth, Germany

Contact: Stephan Kohler: kohler.stephan@googlemail.com

31 July, 1st, 2nd Aug 2015 US Summer Camp in Michigan , USA

Exact details will be announced soon. In the meantime please get in touch with Sensei Phil Oakes if you would like to know more: herbscarpettile@sbcglobal.net

New Video series on Face Book!

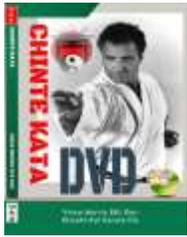
Kissaki-Kai One Minute Dojo Short one to two minute examples of Kata bunkai explained and training advice to increase your combat effectiveness and understanding.
 See them free on sensei Vince's Facebook page - go to: 'Vince Morris.'

Contact us if you would like to host a seminar in your own Dojo, in Europe or in the USA. It will not impose any financial stress, and we will work with you to ensure it is a success. Email us for details at ~ info@kissaki-kai.com



2014 seminar in Fürth, Germany

Books, DVDs, & Pads - order from www.kissakikarate.com



Chinte Kata

The essential bunkai of the kata 'Chinte' - 'Strange' or 'Unusual' hands. Chinese in origin, this kata is a toolbox of rapid and effective defensive methods of countering a variety of commonly occurring attacks. Long-time denoted as a female defensive kata, it contains many examples of vital point centered techniques, demonstrated by one of karate's most acclaimed and respected sensei. The principles of self-defence should be studied by all karate-ka. Over an hour of instructional video. \$45 NTSC (USA) €29 PAL (Europe)



Genesis of Kissaki-Kai - Set of 4 DVDs

The Genesis set is a re-mastering of seminar samplers 1,2,4 and 5, charting the development of Kissaki-Kai Karate-Do: These 4 DVDs, recompiled from the earliest seminar videos, analyze and demonstrate the use of Kyusho points, the Flinch Reflexes, the 'Frisbee-uke' - the 'Rules of Combat' and much more. See how the application of research and logic altered the perception and practice of Kata Bunkai! The quality is not as good as current DVDs but the content is important! \$50 NTSC (USA) £33 PAL (Europe)



The Secret Art of Pressure Point Fighting: Book & DVD-combo

Martial arts lore tells of masters who possessed a mysterious ability to defeat an opponent with a single perfectly placed blow. This book transforms the ancient legend into a modern reality - an anatomically based fighting and self-defence system that allows a small defender to defeat a larger attacker. - Over 300 step-by-step photos show each point and strike. \$28 NTSC (USA) £22PAL (Europe) DVD shows detailed action and more than the book.

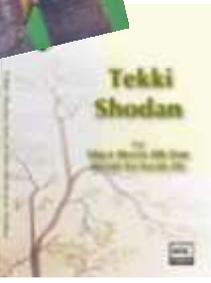
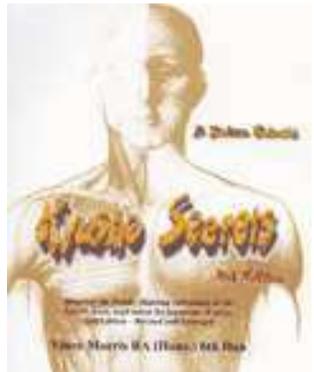
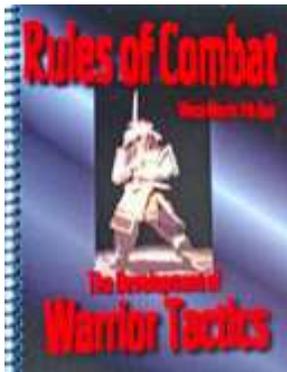
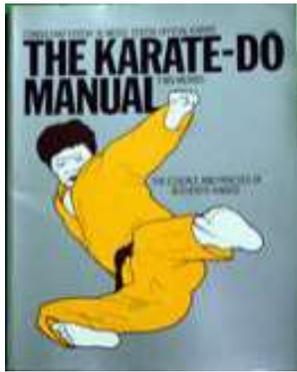


Essential Kissaki-Kai Karate-Do - Double DVD

This set is giving detailed instruction in the 5 levels of Kissaki-Kai Karate-Do: Atemi-waza, shime-waza, nage-waza and kansetsu-waza. A masterful compilation of real, effective, defensive combat techniques which should be studied by all karate-ka wishing to gain a full understanding of this defensive art. Based upon the 3-year distance learning program, but including much new material, this DVD set is an invaluable insight into how to make karate truly effective. Shin-ippun Kumite, the 'Rules of Combat', the use of Kyusho points, the flinch reflexes, the 'Frisbee-uke' - and much more is covered here! \$45 NTSC (USA) £29PAL (Europe)



Go to the website shop to see all the books, DVDs and other items available (T-shirts, Protective pads etc.)



Available now from: www.kissakikarate.com/shop.htm